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Key to Calories

MEATS

Average Chops	150-300 C.
Bacon, crisp, ½ oz.	100 C.
1 small slice, crisp	25 C.
Beefsteak, lean, round, 2 oz.	100 C.
Ah., 3½ oz.	185 C.
Beefsteak, tenderloin, 1 oz.	100 C.
Ah.	285 C.
Beef roast, very lean, 3 oz.	100 C.
Ah.	150 C.
Chicken, 1½ oz.	100 C.
1 slice	180 C.
Chops, lamb-mutton, 1½ oz.	100 C.
Frankfurters, 1 sausage, 1 oz.	100 C.
Ham, boiled, 1½ oz.	100 C.
Ah., 3 oz.	250 C.
Ham, fried, ¾ oz.	100 C.
Ah., 3 oz.	400 C.
Pork Chop, 1½ oz.	100 C.
Medium	160-300 C.
Pork Sausage, 1 oz.	100 C.
1 small crisp	60 C.
Turkey, 1½ oz.	100 C.
Ah., 3½ oz.	260 C.

FISH

Clams, long, 8	100 C.
1 clam	12 C.
Fish, lean, cod, halibut, 3 oz.	100 C.
Ah., 4 oz.	135 C.
Fish, fat, salmon, sardines, 1½ oz.	100 C.
Ah., 4 oz.	100 C.
Lobster, 4 oz.	100 C.
Oysters, 12	100 C.
1 oyster	8 C.

SOUPS

Cream soups, average, 3 oz.	100 C.
Ah., 4 oz.	125 C.
Consommés, no fat, 30 oz.	100 C.
Ah., 4 oz.	15 C.

DAIRY PRODUCTS AND EGGS

Butter, 1 level tbsp. scant ½ oz.	100 C.
1 ball	120 C.
Buttermilk, natural, 9½ oz.	100 C.
1 glass	80 C.
Cheese, (American, Roquefort, Swiss, etc.),	
1½ cu. in., ¾ oz.	100 C.
Cottage Cheese, 3 oz.	100 C.
Ah.	100 C.
1 tbsp.	35 C.
Condensed, unsweetened, 2 oz.	100 C.

Condensed, sweetened, 1¼ tbsp.	100 C.
Cream, average, 1½ oz.	100 C.
1 tbsp.	50 C.
Cream, whipped, 1½ oz.	100 C.
1 h. tbsp.	100 C.
Koumiss, 6 oz.	100 C.
1 glass	130 C.
Malted milk (dry), 1 h. tbsp.	100 C.
Eggs, 1 large	100 C.
Average egg	80 C.
Boiled or poached; if fried, C. depends upon fat adhering.	
Skim milk, 9½ oz.	100 C.
1 glass	80 C.
Whole milk, 5 oz.	100 C.
1 glass	160 C.

VEGETABLES

When not otherwise indicated, the method of cooking is by boiling. The caloric value of sauces served with them is not included.

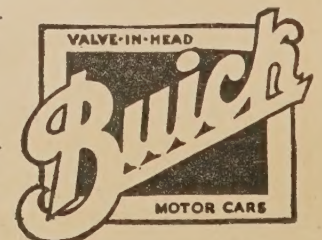
Asparagus, large stalk, 20	100 C.
1 stalk	5 C.
Beets, 1 lb.	100 C.
2 h. tbsp.	30 C.
Beans, baked, home, 1½ oz.	100 C.
3 h. tbsp.	300 C.
Beans, baked, canned, 2½ oz.	100 C.
3 h. tbsp.	150 C.
Beans, lima, 3 oz.	100 C.
2 h. tbsp.	130 C.
Beans, string, 1 lb.	100 C.
2 h. tbsp.	15 C.
Cabbage, 1½ lb.	100 C.
3 h. tbsp.	10 C.
Carrots, 1 lb.	100 C.
3 h. tbsp.	20 C.
Cauliflower, 1 lb.	100 C.
3 h. tbsp.	20 C.
Celery, uncooked, 1 lb.	100 C.
6 stalks	15 C.
Corn, canned, 3½ oz.	100 C.
2 h. tbsp.	100 C.
Corn, green, 1 ear, 3½ oz.	100 C.
(Medium Size)	
Cucumber, 1½ lb.	100 C.
8 thin slices	10 C.
Lettuce, 1½ lbs.	100 C.
Ah.	5-10 C.
Mushrooms, 8 oz.	100 C.
Onions, 2 large, 8 oz.	100 C.
Parsnips, 8 oz.	100 C.
Ah., 2 oz.	25 C.
Peas, green, 3 oz.	100 C.
Ah., 3 h. tbsp.	100 C.
Potatoes, sweet, 1½ oz.	100 C.
1 medium	200 C.



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WAYNE LAUNDRY AND DRY CLEANERS

PHONE 147 AND 148

All Kinds of Laundry and Dry Cleaning

Potatoes, white, 3 oz. -----	100 C.
1 medium -----	100 C.
Potato chips, scant 1 oz. -----	100 C.
Ah., 8-10 pieces -----	100 C.
Radishes, 1 lb. -----	100 C.
Ah., 6 red button -----	15 C.
Spinach, 1½ lb. -----	100 C.
Ah., ½ cup -----	25 C.
Squash, 1 cup -----	100 C.
Ah., 2 h. tbsp. -----	25 C.
Tomatoes, 1 lb. -----	100 C.
Ah., 1 large -----	50 C.
1 small cup -----	100 C.
Turnips, 1 lb. -----	100 C.
Ah., 2 h. tbsp. -----	25 C.

CANDY, PASTRY AND SWEETS

Chocolate creams, medium, 1 -----	100 C.
Chocolate, 1 lb. -----	5625 C.
Cherries, candied, 10 -----	100 C.
Cocoanut, caramels, 1x1x½ in. -----	100 C.
Chocolate nut caramels, 1x1x½ in. -----	100 C.
Other candies, reckon sugar, nuts, etc.	
Cookies, plain, diam. 3 in., 2 -----	100 C.
1 cookie -----	50 C.
If raisins or nuts in them, count extra.	
Doughnut, scant ¾ -----	100 C.
1 average size -----	160 C.
Gingersnap, 5 -----	100 C.
1 gingersnap -----	20 C.
Honey, 1 h. tbsp. -----	100 C.
Thick syrup approximately the same.	
Ladyfingers, scant 1 oz. -----	100 C.
1 ladyfinger -----	35-50 C.
Macaroons, 2 -----	100 C.
1 macaroon -----	50 C.
Pie, without top crust, 2 in. -----	100 C.
or 1¼ in. -----	100 C.
Ah., ½ pie -----	350 C.
Pie with top crust, about ¼ ordinary slice,	
Custard, lemon, squash, etc.	
Ah., ½ pie -----	250-300 C.
Puddings, average ¼ cup -----	100 C.
Ah. -----	200-350 C.
Depends upon richness.	
Ice Cream, 1 h. tbsp. -----	100 C.
Depends upon richness.	
Cakes, 1 oz. -----	100 C.
Ah. -----	200-350 C.
Depends upon size, icing, fruit, nuts, etc.	
compute approximately.	
Sugar, 3 cups -----	100 C.
Granulated, 2 h. tbsp. -----	100 C.

Saccharine, a coal tar product 300 to 500 times sweeter than sugar, but of no food value. Not advisable to use habitually. Better learn to like things unsweetened—it can be done.

CODIMENTS AND SAUCES

Mayonnaise, 1 m. tbsp. -----	100 C.
Ah. -----	200 C.
Olive oil and other oils, 1 dsp. -----	100 C.
Olives, green or ripe, 6-8 -----	100 C.
1 olive -----	10-15 C.
Tomato, catsup, 6 oz. -----	100 C.
1 tbsp. -----	10 C.
Thick gravies, 2 tsp. -----	100 C.

NUTS

Almonds, 10 large -----	100 C.
1 almond -----	10 C.
Brazil, large, 2½ -----	100 C.
1 brazil nut -----	45 C.
Chestnuts, small, 20 -----	100 C.
1 chestnut -----	5 C.
Cocoanut, prepared, ½ oz. -----	100 C.
Peanut butter, 2½ tsp. -----	100 C.
Peanuts, large, double, 10 -----	100 C.
1 bag -----	250-300 C.
Pecans, large, 5 -----	100 C.
1 pecan -----	20 C.
Walnuts, large, 3½ -----	100 C.
1 walnut -----	30 C.

FRUITS

Apple, 7 oz. -----	100 C.
average size -----	50 C.
Banana, 5 oz. -----	100 C.
1 small -----	100 C.
Berries, average 5 oz. -----	100 C.
1 small cup -----	100 C.
Cantalope, 1 lb. -----	100 C.
Ah., ½ melon -----	100 C.
Cherries, 5 oz. -----	100 C.
Ah., 1 small cup -----	100 C.
Dates (dry), large, 3 or 4 -----	100 C.
1 large -----	25 C.
Figs (dry), large, 1½ -----	100 C.
1 large -----	65 C.
Grapes, 5 oz. -----	100 C.
Ah., 1 small bunch -----	100 C.
Lemons (5 oz. each), 2 -----	100 C.
They won't make you thin.	
Average size -----	30 C.
Oranges (9 oz. each), 1 -----	100 C.
Peaches (5 oz. each), 2 -----	100 C.
Average size -----	50 C.
Average size -----	90 C.
Average size -----	100 C.
Pineapple, fresh, 7 oz. -----	100 C.
2 slices, 1 in. thick -----	100 C.
Plums, large, 3 or 4 -----	100 C.
1 plum -----	30 C.
Prunes, (dry), large, 3 -----	100 C.
1 large -----	35 C.
Stewed, 4 medium, with 4 tbsp. juice -----	200 C.
Watermelon, 1½ lb. -----	100 C.
Large slice -----	15 C.

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W. O. MITCHAM

HEATING ENGINEER AND CONTRACTOR

218 W. WALNUT ST.

PHONE 607

Household Weights and Measures

"With weights and measures just and true,
Oven of even heat;
Well buttered tins, and quiet nerves,
Success will be complete."

(Accuracy of measurement is necessary for best results in food preparation)

All measurements should be level—a tablespoonful of liquid means as much as the spoon will hold; measure dry materials, such as flour, etc., lightly and not packed hard in to the measure; dip the spoon or other measure into the dry material, fill it, lift it and level it off with a knife. A gill, or a pint, being a measure, not a weight, is always the same for dry or liquid.

60 drops	1 teaspoonful
3 teaspoonfuls dry material or 4 of liquid	1 tablespoonful
1 tablespoonful (or 4 teaspoonfuls) liquid	$\frac{1}{2}$ ounce
4 tablespoonfuls	1 wineglass, $\frac{1}{2}$ gill or $\frac{1}{4}$ cupful
16 tablespoonfuls liquid	1 cupful, or $\frac{1}{2}$ pint
12 tablespoonfuls dry material	1 cupful
2 wineglasses, or 8 tablespoonfuls	1 gill; $\frac{1}{2}$ cupful; or 4 ozs.
2 gills ($\frac{1}{2}$ pint), or 8 ounces	1 cupful; or 16 tablespoonfuls
8 gills (2 pints)	1 quart
2 cupfuls	1 pint
16 ounces	1 pound, or 1 pint liquid
32 liquid ounces	1 quart
1 tablespoonful salt	1 ounce
2 tablespoonfuls butter (or size of an egg)	1 ounce
2 cupfuls butter or lard (packed)	1 pound
2 cupfuls milk	1 pound
2 tablespoonfuls granulated sugar	1 ounce
2 cupfuls granulated sugar	1 pound
2 2-3 cupfuls brown sugar	1 pound
2 $\frac{1}{2}$ cupfuls powdered sugar	1 pound

3 $\frac{1}{2}$ cupfuls confectionery sugar	1 pound
4 tablespoonfuls flour, or $\frac{1}{4}$ cupful	1 ounce
1 cupful sifted flour	4 ounces
4 cupfuls sifted flour	1 pound, or 1 quart
1 quart unsifted flour	1 pound
4 $\frac{1}{2}$ cupfuls graham flour	1 pound
3 7-8 cupfuls entire wheat flour	1 pound
2 2-3 cupfuls granulated cornmeal, or oatmeal	1 pound
4 $\frac{3}{4}$ cupfuls rolled oats	1 pound
4 $\frac{3}{4}$ cupfuls rye meal	1 pound
1 7-8 cupfuls rice	1 pound
5 tablespoonfuls ground coffee	1 ounce
3 tablespoonfuls cornstarch	1 ounce
4 tablespoonfuls pepper or mustard	1 ounce
3 tablespoonfuls grated chocolate	1 ounce
1 square of chocolate	1 ounce
2 cupfuls meat (finely chopped)	1 pound
1 cupful crumbs	$\frac{1}{4}$ pound
1 cupful chopped nut meats	$\frac{1}{4}$ pound
3 cupfuls raisins or currants	1 pound
3 large bananas	1 pound
8 to 10 eggs (equal)	1 pound
1 lemon (average size) yields 3 tablespoonfuls juice.	

Milk is measured same as granulated sugar; ground coffee is equal to flour in weight.

LIQUID MEASURE

4 gills	1 pint
2 pints	1 quart
4 quarts	1 gallon
31 $\frac{1}{2}$ gallons	1 barrel
2 barrels	1 hogshead

LONG MEASURE

12 inches	1 foot
3 feet	1 yard
5 $\frac{1}{2}$ yards	1 rod
40 rods	1 furlong
8 furlongs	1 statute mile
3 miles	1 league

TIME MEASURE

60 seconds	1 minute
60 minutes	1 hour
24 hours	1 day
7 days	1 week

28, 29, 30 or 31 days, 1 calendar month (30 days 1 month in computing interest).

365 days	1 year
366 days	1 leap year

SQUARE MEASURE

144 square inches	1 square foot
9 square feet	1 square yard
36 $\frac{1}{4}$ square yards	1 square rod
40 square rods	1 rood
4 roods	1 acre
640 acres	1 square mile

PAPER TABLE

12 things	1 dozen
12 dozen	1 gross
12 gross	1 great gross
20 things	1 score
24 sheets	1 quire
20 quires, or 480 sheets	1 ream

AVOIRDUPOIS WEIGHT

27 $\frac{1}{2}$ grains	1 dram
16 drams	1 ounce
16 ounces	1 pound
25 pounds	1 quarter
4 quarters	1 cwt.
2000 lbs.	1 short ton
2240 lbs.	1 long ton

DRY MEASURE

2 pints	1 quart
8 quarts	1 peck
4 pecks	1 bushel
36 bushels	1 chaldron

MARINERS' MEASURE

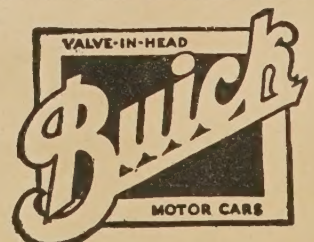
6 feet	1 fathom
20 fathoms	1 cable length
7 $\frac{1}{2}$ cable lengths	1 mile
5280 feet	1 statute mile
6025 feet	1 nautical mile



CADILLAC, LA SALLE & BUICK

Goldsboro Garage & M. T. Co.

OFFICE 123 TELEPHONE SERVICE 880



GATE TO EASTERN CAROLINA

Soups

CREAM OF CELERY SOUP

- | | |
|-------------------------------------------------|----------------------------------|
| 2 cups milk | 1 teaspoonful salt |
| 3 cups boiling water | $\frac{1}{8}$ teaspoonful pepper |
| 3 cups Celery, cut in $\frac{1}{2}$ inch pieces | 3 tablespoonsfuls butter |
| 1 slice onion | 2 tablespoonsfuls flour |

Wash and scrape the celery before cutting it in pieces. Cook with the onion in two cups boiling water until soft. Rub through a sieve. Melt the butter in a double boiler. Add the flour, stir until smooth; dilute the milk with one cup of water and pour slowly into the butter and flour, stirring until smooth. Add the strained celery and seasonings. Cook ten minutes longer. Serve with croutons or crisp crackers.

CROUTONS

Cut slices of stale bread $\frac{1}{2}$ inch thick, cut off the crusts and divide the slices into $\frac{1}{2}$ inch cubes. Place them on a tin sheet and bake them until golden brown. Serve with stews and soups.

OYSTER BISQUE

- | | |
|-----------------------------|----------------------------------|
| 1 cup liquor from oysters | 1 teaspoonful chopped parsley |
| 2 cups oysters | 1 blade mace |
| 1 egg yolk, slightly beaten | $\frac{1}{2}$ teaspoonful salt |
| 2 tablespoonsfuls butter | $\frac{1}{8}$ teaspoonful pepper |
| 2 tablespoonsfuls flour | 2 cups Borden's Evaporated Milk |

Heat the oysters in their own liquor until the edges curl. Strain, reserving the liquor. Chop the oysters and press through a sieve. Melt the butter, add the flour, and stir until smooth. Combine the oyster liquor with one and three-quarters cups of milk: Pour slowly into the butter and flour. Stir until it thickens. Add the oysters and seasoning and cook three minutes. Add the remaining milk to the egg yolk and stir into the mixture.

Let cook three minutes longer and serve immediately.

VEGETABLE SOUP

Take 2 $\frac{1}{2}$ lbs. of soup bone, cover with hot water, season and cook for $\frac{1}{2}$ hour; then add $\frac{1}{2}$ cup rice, 1 stalk celery, 2 carrots, 2 onions, $\frac{1}{2}$ small turnip, and 6 potatoes $\frac{1}{2}$ hour before done. Cut vegetables in small cubes. Ten minutes before serving add parsley. Cook from 3 to 4 hours.

CONSOMME

Chop 1 $\frac{1}{2}$ lbs. lean beef, 1 onion and a carrot together; stir in one egg, shell and all, then add 3 quarts cold stock, put in a granite or porcelain kettle and let it come to a boil. Skin thoroughly. Boil slowly for 15 or 20 minutes, then strain through a cloth, and the consomme is ready to serve. If due attention is given to making this soup it will be as clear as amber.

CHICKEN GUMBO

- | | |
|----------------------------|-------------------------------|
| 1 tablespoon butter | 3 small tomatoes |
| 1 tablespoon chopped onion | Less desirable pieces chicken |
| 1 quart sliced okra | Flour |
| 2 quarts hot water | Salt and pepper |

Brown the onion in the butter; add the okra and fry until the okra will rope from a spoon. Stir constantly. Pour all into the hot water and boil down to a quart. Scald the tomatoes; peel them; cut into small pieces and add to the soup. Next sprinkle with salt, pepper and flour the wings, back, neck and other undesirable portions of a chicken and fry them a light brown. Lift from the frying pan with a fork and add to the soup one-half hour before serving.

TOMATO BOUILLON

One can of tomatoes, small, one quart of beef stock, one-fourth teaspoon salt. Strain tomatoes and add stock and season to taste.

CREAM OF TOMATO SOUP

- | | |
|-------------------------|-------------------------|
| 1 medium can tomatoes | 2 1 quart milk |
| $\frac{1}{2}$ onion | $\frac{1}{2}$ c. flour |
| 1 tbsp. sugar | 4 tbsp. butter |
| $\frac{1}{2}$ tsp. soda | $\frac{1}{3}$ tsp. salt |

Cook together tomato, onion, sugar for 15 minutes. Strain, then add soda. Make cream sauce by melting butter, then add flour. Stir until thoroughly mixed, add milk, one-third at a time, stirring to avoid lumps. Cook until the raw taste is gone. Just before serving and while hot combine 1 and 2 by pouring the tomato mixture into the cream sauce. Whipped cream or butter may be put on top.

CREAM OF SPLIT PEA SOUP

- | | |
|------------------------------------|---------------|
| $\frac{1}{2}$ lb. dried split peas | 1 small onion |
| Small piece salt pork or bacon | Water |

Soak peas overnight in cold water. Cook together slowly until peas are very soft. Then rub through a strainer to remove skins, onion and pork. Add this to two cups of thin cream sauce (card 1). Dried beans or leftover baked beans may be used in place of peas.

CLAM CHOWDER

Butter a deep tin basin, put in a layer of grated bread crumbs or cracker crumbs. Sprinkle in pepper and bits of butter, then put in a double layer of clams, and season with pepper and butter, another layer of crumbs, then of clams, and finish with bread crumbs, or a layer of soaked crackers. Add a cup of milk or water, turn a plate over the basin, and bake $\frac{3}{4}$ hour. To 50 clams, $\frac{1}{2}$ lb. of soda biscuit and $\frac{1}{4}$ lb. butter is the right proportion.

WAYNE LAUNDRY AND DRY CLEANERS

PHONE 147 AND 148

All Kinds of Laundry and Dry Cleaning

Meats and Fish

AMERICAN CHOP SUEY

- | | |
|---------------------------|-----------------------|
| 1 lb. ground round | 3 medium sized onions |
| steak | 1 tbsp. lard |
| 1 bunch of celery | 1 box spaghetti or |
| 1 tbsp. butter | macaroni |
| 2 cans of tomato soup | 1 tsp. salt |
| $\frac{1}{4}$ tsp. pepper | |

Chop onions and celery together, not fine but just medium; add meat, pepper and salt then mix thoroughly; put lard and butter into frying pan, add above mixture and fry for 20 minutes, stirring often. Have ready one package of macaroni or spaghetti that has been boiled in salted water until tender, drained, chilled in cold water and drained again. Add meat mixture to this then the tomato soup; put into baking dish and bake $\frac{3}{4}$ of an hour in a moderate oven.

FRIED CHICKEN

Drain chicken, but do not wipe dry. Season with salt and pepper and dredge well with flour. Put three tablespoons lard in a frying pan and when hot place chicken in pan; cover and allow to steam for 10 minutes. Uncover, and allow chicken to brown, taking care to turn frequently. Serve on hot platter, garnish with parsley, and serve with cream gravy.

CHICKEN PIE

Cook chicken until it falls from bones and mince into fine pieces. Line a pan with a crust not very rich and put in chicken seasoned with salt and pepper and several crackers broken into small pieces. Pour broth over this and dot with bits of butter. Put on top crust and bake until very brown. Also use rabbits or pigeons.

PRESSED CHICKEN

Boil a chicken until tender. Remove bone and gristle. Boil broth until low. Season with salt and pepper. Pour over chicken that has been minced fine. Press in pan and set away to cool.

BAKED FISH

Make a dressing of bread crumbs, 2 tablespoonfuls of chopped onion, butter size of a walnut, 1 tablespoon of suet, pepper, salt and 1 egg beaten thoroughly, and a little parsley. Stuff the fish and sew or tie securely. Bake in pan with hot water, laying pieces of pork on top, seasoning with pepper and salt. Baste very often.

BAKED OYSTER LOAF

- | | |
|--------------------------------|--------------------------------|
| 3 eggs | $1\frac{1}{2}$ pounds of fresh |
| 1 quart of fresh | lean pork |
| oysters | Salt and pepper |
| $1\frac{1}{2}$ pounds of round | |
| steak | |

Mix all together into a loaf and bake 1 hour with 1 pint of water.

SWISS STEAK

Pound a liberal quantity of flour into a round steak four or five inches thick, season well with salt and pepper. Brown well on both sides in hot butter. When browned well on both sides, add half bottle catsup, cover with water, cook about one hour. This is good with a little garlic pounded in meat.

ROAST LAMB

Wipe meat (leg of lamb) with damp cloth. Sprinkle with salt and pepper, place on a rack in dripping pan and dredge meat and bottom of pan with flour. Place in a hot oven and baste as soon as the flour in the pan is brown and then every 15 min. afterwards. Cook about $1\frac{3}{4}$ hr. If the flour in the pan burns add a small quantity of water, while the meat is cooking. Serve with mint sauce.

POT ROAST

Put $\frac{1}{2}$ a cup of lard in pot and have it smoking hot. Put in roast and turn back and forth in lard for 20 minutes; then cover with boiling water and cook until done. If desired put onion on roast when cooking in the lard.

BREADED VEAL AND PORK CHOPS

Beat two eggs very light, dip the chop in this a piece at a time, so as to cover both sides with the egg, then roll in grated bread crumbs, salt and pepper, fry in half butter and lard until a nice brown. Veal will taste very much like chicken fixed this way.

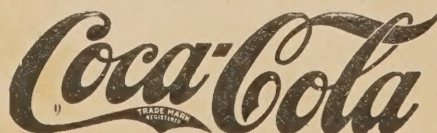
STUFFED LAMB CHOPS

Have the chops cut about $1\frac{1}{2}$ inches thick. Slit each chop, cutting to the bone. Make a stuffing by soaking 1 c. of stale bread crumbs until soft, drain and squeeze dry. Mince an onion, add salt and pepper to taste, then mix with bread crumbs, add $\frac{1}{2}$ tsp. sage, 1 tsp. or more of melted butter and a beaten egg. Fill the opening in each chop and close the edges with strips of bacon tied together. They are to be baked in a moderate oven for 1 hr. or they may be broiled.

CROQUETTES

Two cups of finely chopped cooked meat, 1 cup of milk, 1 tablespoon of butter. 2 of chopped parsley, 2 of flour, seasonings to taste. Scald the milk, rub the butter and flour together until smooth; add to the scalded milk and stir until it thickens. Mix the parsley and other seasonings with meat; add to the thickened milk and mix thoroughly; cool, form into cone-shaped croquettes, cover with egg and bread crumbs; fry in smoking hot fat.

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PHONE 1222

W. O. MITCHAM

HEATING ENGINEER AND CONTRACTOR

218 W. WALNUT ST.

PHONE 607

SPANISH OMELET

4 eggs
2 cupfuls of strained tomatoes
½ cupful of finely cut onion
2 tablespoonfuls of drippings or oil
2 tablespoonfuls of green pepper
1 tablespoonful of cut parsley
1 teaspoonful salt
1 tablespoonful of flour
Separate the eggs; beat the whites until dry, then the yolks, adding four tablespoonfuls.

CHILI CON CARNE

1 pint of chili or Pinto beans, soaked overnight.

To the beans add 1 lb. beef, with fat, cut in small pieces, 1 pint tomatoes, 2 large onions, diced, 1 teaspoon salt, and 2 or 3 tablespoons of chili powder. Add plenty of water and boil one-half day in fireless cooker, or boil slowly on top of stove.

WELSH RAREBIT

One-half pound of cheese, 1 egg, 5 tablespoons of milk; beat the eggs, add the milk and cheese, cut fine or grated; add small spoonful salt pinch of cayenne and mustard, cook until cheese is entirely melted. Serve hot on toast or crackers.

SCALLOPED HALIBUT

1 lb. boiled fish
2 level tablespoon flour
Grated rind and juice of 1 lemon
Salt, pepper and red pepper
1 cup milk
2 level tablespoons butter
1 teaspoon chopped parsley
Butter baking dish and place layer of fish in bottom. Cover with white sauce and cracker crumbs until dish is full. Bake in oven half an hour.

Meat Sauces

MINT SAUCE

½ c. mint leaves
chopped fine
1 c. hot vinegar
2 tsp. powdered sugar
Dissolve the sugar in the vinegar and pour over the chopped mint leaves. Let stand 30 minutes to infuse. If the vinegar is very strong dilute with water. Serve hot.

DRAWN BUTTER SAUCE

½ cup butter
3 tablespoons flour
Melt half the butter. All flour and seasonings and pour hot water on gradually, stirring constantly. Boil 5 minutes, and add remaining butter in small pieces.
1½ cups hot water
Salt and pepper

TARTAR SAUCE

½ cup Mayonnaise
dressing
½ tablespoon capers
½ tablespoon chopped olives
½ tablespoon chopped pickle
Chop the capers, olives and pickle very fine and add them to the dressing. Serve with fried fish or cold meat dishes.

MUSHROOM SAUCE

Cook a slice of carrot, a slice of onion, a bit of bay leaf and a sprig of thyme in ½ c. of butter until browned, stirring constantly so that it does not burn. Then add 2 tbsp. flour and, when browned, add 1 c. of brown stock (or 1 c. of water in which a beef cube has been dissolved). Cook until thickened, add salt, pepper and a tsp.

of Worcestershire sauce; strain and add a small can of button mushrooms, or fresh ones if in season.

YELLOW SAUCE FOR FRIED CHICKEN

¼ cup butter
¼ cup flour
½ teaspoonful salt
¼ teaspoonful black pepper
1½ cups chicken broth
2 eggs yolks
½ cup milk
1 teaspoonful lemon juice
Melt the butter and lightly brown the flour in it. Add the chicken broth or water and stir until boiling. Beat the egg yolks, add the milk, and stir into the sauce. Bring to the boiling point. Remove from the burner, add the lemon juice, and serve hot with fried chicken.

BROWN SAUCE OR GRAVY

One tablespoon butter or fat in which meat was cooked, 1 tablespoon flour, 1 cup beef stock or boiling water; salt and pepper. Brown butter in saucepan, add flour and brown; add liquid and stir until smooth and thick; season to taste and simmer five minutes.

GIBLET DRESSING

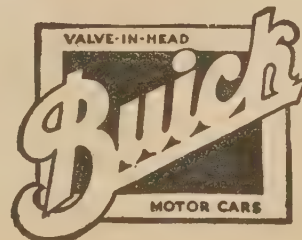
2 qts. stale bread
crumbs
4 teaspoonfuls salt
¼ teaspoon pepper
½ cup melted butter
Cook giblets of fowl until tender in pint of water. When done chop and add with water in which they are cooked into the above.



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ESCALLOPED POTATOES AND HAM

Slice a generous layer of potatoes into a baking dish, sprinkle lightly with flour and a little salt and pepper. Cut cured ham into pieces for serving. Cover with another layer of potatoes. Pour in milk until it almost covers potatoes. Cover and bake 1 hour in moderate oven. Remove cover and brown before serving.

SPINACH

Spinach should be put in boiling water and do not cover, as it will keep its fresh green color better. Boil about twenty minutes. Then drain and chop fine. Put a piece of butter and a little flour into a sauce pan, brown the least bit. Then stir in spinach, add pepper, salt and cream. Let it boil slowly for five minutes, turn into dish. Serve with sliced hard boiled egg.

ESCALLOPED TOMATOES

Cover the bottom of a buttered bake dish with sliced, fresh or canned tomatoes. Sprinkle with salt and sugar, and cover with another layer of crumbs and dot with pieces of butter. Add another layer of tomatoes and another of the crumbs; cover pan and bake 20 minutes.

DEVILED POTATOES

Bake large potatoes, cut in halves and scoop out the potatoes, leaving perfect shells. Season potatoes with butter, cream and salt. Beat until very light. Fill shells and return to oven until brown or fluffed.

BAKED CABBAGE

Chop fine half small cold boiled cabbage, add to it a well beaten egg, 2 teaspoons of cream or milk and the same of melted butter, season to taste, mix thoroughly and bake fifteen or twenty minutes.

FANCY SWEET POTATOES

Boil and mash 3 large sweet potatoes. Season with $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup cream, $\frac{1}{4}$ cup white or brown sugar, add a little cinnamon. Nuts and raisins may be added if desired. Put potatoes in baking dish and bake about $\frac{1}{2}$ hour, then dot with marshmallows and brown.

STUFFED BAKED SQUASH

Cut a large hubbard squash into halves, and bake in a hot oven till the pulp is soft enough to remove with a spoon. Scrape it out; mix with a large cup of bread crumbs and plenty of salt and pepper, add a small cup of cream, heap the shell lightly, dot with butter, and brown; serve in the half shell.

STUFFED PEPPERS

2 large green peppers 1 egg
 $\frac{1}{2}$ lb. of chopped lamb $\frac{1}{2}$ tsp. salt
or mutton (cooked) $\frac{1}{8}$ tsp. pepper
 $\frac{1}{2}$ c. of bread crumbs

Wash peppers, cut in half lengthwise and clean out seeds; parboil for 15 minutes. Mix ingredients thoroughly, fill peppers till rounding. Place in baking dish, put in hot oven and bake from 15 to 30 minutes, and serve. Garnish with egg and beets or red pimentos. Any leftover meats may be mixed together and used this way.

FRUIT FRITTERS

Fresh peaches, apricots, or pears may be cut in pieces, dipped in batter, and fried same as other fritters. Canned fruit may be used, after draining from their syrup.

PLAIN FRITTERS

1 egg powder
 $\frac{3}{4}$ cup flour Pinch of salt
 $\frac{1}{2}$ teaspoon baking $\frac{1}{2}$ tsp milk

Fry in deep fat like doughnuts. Fruit may be dipped in batter and fried the same way.

CAULIFLOWER AU GRATIN

Break boiled cauliflower into small flowerets; place in layers in a buttered pudding dish, covering each with cream sauce and grated cheese. Spread buttered bread crumbs over the top of the dish and bake until brown.

ASPARAGUS

Scrape off the coarse skin, tie in bunches, making the tips even, and cut off the woody ends, leaving them of equal length. Wash, and lay them in boiling water, slightly salted, and cook slowly 20 minutes, or till tender. Take out the asparagus carefully, lay it on thin slices of buttered toast, and remove the strings. Serve with melted butter, or cream sauce.

LYONNAISE CARROTS

Chop an onion very fine and fry in a tablespoon of butter and nice drippings. Add the boiled carrots, cut in small dice, with pepper and salt. Stir, fry them golden-brown add a little finely chopped parsley, mix well, and serve.

STRING BEANS

1 pound string beans 1 tablespoon butter
1 cup milk Salt, pepper
1 tablespoon flour

String beans and break in small pieces, cover with boiling water, add one teaspoon salt and cook until tender; drain and add the milk and cream, butter and flour and stir till it thickens.

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Cakes and Pies

UPSIDE DOWN CAKE

Put in iron skillet, one (1) can grated pineapple, two (2) cups granulated sugar, two (2) large tablespoons butter, cook until thick. While this is cooking make a batter of six (6) eggs in bowl, add one (1) cup sugar. Beat well together. Add $1\frac{1}{4}$ cups sifted flour, one (1) teaspoon baking powder, two (2) tablespoons hot water. Pour over mixture in skillet and bake in moderate oven. Serve with whipped cream.

APPLE SAUCE CAKE

1½ cups apple sauce	2 cups brown sugar
1 cup butter	3 cups flour
1 cup seedless raisins	1 cup nut meats
1 tablespoon soda	1 tablespoon vanilla
1 tablespoon cinnamon	1 teaspoon baking powder

Mix apple sauce, sugar and butter, dissolve soda in hot water. Beat well, add flavoring and part of flour, mix other part of flour with nuts and raisins. Bake about $1\frac{1}{2}$ hour in moderate oven.

ICING: One box confectionery sugar, 1 tablespoon butter and enough hot milk to make it spread.

GINGER BREAD WITHOUT EGGS

1 cup sour milk
1 cup molasses
Salt
1 teaspoon cinnamon
2 teaspoons ginger
1 teaspoon soda
 $2\frac{1}{2}$ cup flour
 $2\frac{1}{2}$ tablespoons shortening

IMPROVED ANGEL FOOD CAKE

Whites of 9 large or 10 small eggs
 $1\frac{1}{4}$ cups of sifted granulated sugar
1 cup sifted flour
 $\frac{1}{2}$ teaspoonful cream tartar
Pinch of salt

After sifting flour five times, measure and set aside one cup. Beat whites of eggs about half, then add cream of tartar. Beat very stiff. Stir in sugar, then flour lightly and flavor. Bake in ungreased pan about 45 minutes. Let stand in pan until almost cold.

LEMON PIE

Grated rind and juice of 1 lemon
1 cup sugar
2 tablespoons flour
1 cup sweet milk
2 tablespoons butter
2 egg yolks, well beaten

Mix in order given, adding last the whites of eggs. Bake filling and crust together.

COOKIES

4 eggs	Pinch salt
1 cup lard	4 cups brown sugar
1 can cocoanut	6 cups flour
1 tablespoon cream	1 tablespoon soda
tartar	1 tablespoon vanilla

Mix ingredients together, using your hands. Make into a long thin roll, put in ice box over night, next day slice thin and bake in moderate oven. One-half portion can be used.

FRUIT CAKE

$\frac{1}{2}$ teaspoon soda	$\frac{3}{4}$ cup milk
3 whole eggs	2 teaspoons baking powder
$\frac{1}{2}$ cup butter	1 cup seeded and chopped raisins
2 or 3 cups flour	1 cup nut meats
1 cup currants	1 teaspoon cloves
$\frac{1}{2}$ cup candied orange peel	2 teaspoons extract
2 teaspoons cinnamon	
$1\frac{1}{2}$ cups sugar	

JAM CAKE

$\frac{3}{4}$ cup butter	1 cup sugar
3 eggs	1 teaspoon ground cloves
1 teaspoon cinnamon	$\frac{1}{2}$ nutmeg, grated
$\frac{1}{2}$ cup jam, strawberry or raspberry	4 tablespoons sweet milk
2 teaspoons baking powder	2 cups sifted flour

Bake in three layers. Use boiled icing between layers.

DEVIL'S FOOD CAKE

Put over the fire 1 cup sweet milk and 1 cup chocolate or cocoa. Stir until dissolved, then add 1 cup sugar and 1 egg yolk, beaten light. Cook until thick, and set aside to cool, while cake mixture is being prepared.

$2\frac{1}{2}$ cups flour	1 cup granulated sugar
1 teaspoon soda, dissolved in a little warm water	$\frac{1}{2}$ cup sweet milk
	$\frac{1}{2}$ cup butter
	2 eggs

Add chocolate mixture and bake in layers. Put together with either white or chocolate filling.

SUGAR COOKIES

2 cups sugar	1 cup sour milk
1 cup butter or crisco	1 level teaspoon soda
3 eggs	1 level teaspoon salt
1 whole nutmeg, grated	

Add flour enough to roll thin. Put raisin in center of cookie. Bake in hot oven. Makes 8 dozen cookies

PUMPKIN PIE FOR ONE PIE

One cup pumpkin, 1 cup milk, 2 eggs, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ cup molasses, $\frac{1}{2}$ teaspoon cinnamon and a pinch of salt.

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BUTTERSCOTCH PIE

1 cup brown sugar 1 egg yolk
 Butter size of an egg 1 cup sweet milk
 3 tablespoons flour
 Cook mixture in double boiler until thick.
 Flavor with vanilla. Put into a baked pie shell
 and add meringue of egg whites and sugar.

PIE CRUST

2 cups flour $\frac{1}{2}$ cup ice water
 Pinch salt 1 cup lard
 Chop lard into flour with knife. When chopped
 very fine add water, little at a time, using knife
 to mix.

RHUBARB CUSTARD PIE

1 cup rhubarb, cut fine 1 egg beaten
 $\frac{3}{4}$ cup sugar 1 square cracker,
 1 tablespoon of butter rolled
 Stir all together and let stand while you are
 preparing the crust.

CHOCOLATE PIE NO. 4

One cup milk, 2 tablespoons grated chocolate.
 $\frac{3}{4}$ cup sugar, yolks of 3 eggs. Heat the choco-
 late and milk together, add the sugar and yolks
 beaten to a cream; flavor with vanilla. Bake
 with rich under crust. Take whites to frost the
 top.

Puddings

BAKED RICE-RAISIN PUDDING

To $1\frac{1}{2}$ cups cooked rice ($\frac{1}{3}$ cup rice cooked in
 3 cups boiling water) add a custard mixture made
 as follows: White of 1 egg and yolks of 2 eggs,
 $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ teaspoon salt. Mix together and
 add 2 cups milk. Pour over rice, mix with $\frac{1}{2}$ cup
 raisins. Bake in well-buttered dish. Set in a pan
 of hot water in a moderate oven. Bake until
 well-browned and firm. Remove from oven,
 cover with a meringue, irregularly piled, made as
 follows: Whites of 2 eggs stiffly beaten, add 4
 tablespoons sugar. Bake in moderate oven until
 delicately browned.

MARSHMALLOW PUDDING

$\frac{1}{2}$ pint whipped cream 1 teaspoon vanilla
 24 marshmallows $\frac{1}{2}$ cup chopped nuts
 1 egg white $\frac{1}{2}$ cup powdered sugar
 15 vanilla wafers

Add quartered marshmallows to cream. Beat
 egg white stiff, fold in sugar, nuts and vanilla
 and add to mixture. Place a heap in center of
 plate. Roll wafers to fine crumbs and place a
 circle of crumbs around mixture. Candied cherry
 may be placed on top.

APPLE DUMPLINGS

Make a rich, soft biscuit dough. Roll and cut
 in pieces the size of a saucer. Put three or four
 pieces of apple and 1 teaspoon sugar in each one,
 wet edges and put together so it will not leak
 out. Place in deep pan so they will not touch,
 spread over each 1 teaspoon butter, $\frac{1}{2}$ cup sugar,
 very little flour, and a sprinkle of cinnamon.
 Pour hot water in pan, but do not quite cover.
 Bake in quick oven. Eat with cream and sugar.

PARADISE PUDDING

Four egg whites, 1 cup boiling pineapple juice
 and water, $1\frac{1}{2}$ tablespoons Knox gelatine, soaked
 in 2 tablespoons cold water. Add $\frac{1}{2}$ cup sugar to
 the egg whites. Whip in the above ingredients.
 When beginning to set, add chopped almonds and
 candied cherries.

FRUIT PUDDING

6 slices pineapple $\frac{1}{2}$ cup shredded cocoa-
 6 peach halves nut
 2 bananas 18 vanilla wafers
 2 oranges

Place slices of pineapple on plate. Place peach
 half with center down on pineapple. Dice oranges
 and bananas. Sweeten to taste and add cocoanut.
 Place this mixture in circle around pineapple.
 Mash wafers to crumbs and form outer circle of
 crumbs. Put a spoonful of whipped cream on top
 with a candied cherry in the center.

BAKED CARAMEL CUSTARD

4 c. scalded milk $\frac{1}{2}$ tsp. salt
 1 c. sugar 1 tsp. vanilla
 5 eggs

Melt sugar (to prevent burning, use a heavy
 pan and stir constantly) until a light brown.
 Add hot milk and cook until free from lumps.
 Add to slightly beaten eggs, salt and flavoring.
 Strain into a buttered mold and set in pan of
 hot water. Bake in moderate oven until knife
 will come out clean.

JUNKET

3 c. milk 1 tbsp. cold water
 $\frac{1}{2}$ c. sugar 1 tsp. vanilla
 1 junket tablet

Crush and dissolve the junket tablet (purchase
 at drug or grocery store) in cold water. Heat
 the milk and sugar until it is just lukewarm
 (overheating of milk spoils junket). Add the
 vanilla and junket tablet. Pour immediately into
 serving dishes or cups and let stand in a warm
 room until firm. Then chill. Season with nut-
 meg or a little cinnamon just before serving.

PINEAPPLE WHIP

1 cup cooked rice, cold $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ pint whipped cream 1 small can shredded
 pineapple

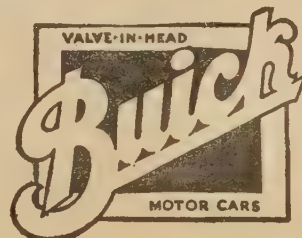
Mix together and serve.



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Frozen Salads and Desserts

FROZEN CONSOMME

For six people prepare a quart of consomme or use three cupfuls of canned consomme to which a cupful of the juice of canned tomatoes has been added together with salt and pepper and a hint of onion juice to taste. Bring soup to boiling point and add $\frac{3}{4}$ tablespoon of gelatine which has been allowed to stand in cold water to cover for five minutes when thoroughly cold pour into tray and freeze. Time required, 2 to 3 hours.

GOLDEN PARFAIT

- 1 cupful sugar
- 1 $\frac{1}{2}$ cupfuls water
- 6 egg yolks
- 2 teaspoonfuls gelatine
- 1 teaspoonful vanilla
- 1 pint heavy cream

Soften the gelatine in cold water to cover. In the meantime, boil the sugar and water together five minutes and pour slowly over the beaten egg yolks; cook over boiling water, stirring constantly, until the mixture coats the spoon. Add the gelatine, chill, and when beginning to congeal, fold into the vanilla and the cream, whipped stiff; transfer to a tray of refrigerator and freeze. Time required 5 to 6 hours.

COFFEE PARFAIT

Follow the recipe for Golden Parfait, substituting clear, freshly made coffee for the water.

MAPLE PARFAIT

Follow the recipe for Golden Parfait, omitting the gelatine, substituting maple syrup for the water and omitting the sugar.

FROZEN CHEESE SALAD

- 1 $\frac{1}{2}$ cupfuls of cream cheese, mashed
- $\frac{1}{2}$ cupful chopped pecan nutmeats
- 2 minced green peppers
- $\frac{1}{2}$ cupful mayonnaise
- $\frac{1}{2}$ cupful cream whipped
- 2 tablespoonfuls olive oil
- $\frac{1}{2}$ tablespoonfuls lemon juice

CHILLED PINEAPPLE SALAD

Allow a slice of canned pineapple for each person to be served, baste this with French dressing made with lemon juice. Fill center of each pineapple sliced with a ball the size of a marble made of cream cheese. Well seasoned and rolled in chopped nut meats, either walnuts or pecans, marachino cherries or mint. Place in tray of refrigerator and chill. Serve with a garnish of lettuce and mayonnaise to which $\frac{1}{2}$ the bulk of whipped cream has been added. Time required 1 to 1 $\frac{1}{2}$ hours.

BANANA WHIP

- 3 large bananas
- $\frac{3}{4}$ cupful powdered sugar
- 2 tablespoonfuls lemon juice
- Whites of 2 eggs
- 1 cupful heavy cream
- 1 cupful nut meats

Put the bananas through a potato ricer or a puree sieve. Add to the banana pulp the lemon juice and the powdered sugar. Put into the food compartment of the refrigerator and let stand for 30 minutes. Remove from the refrigerator, add the egg whites beaten stiff and fold in the cream beaten stiff. Add 1 cupful of chopped nut meats and put into the tray of the refrigerator and freeze without stirring. Time required 2 $\frac{1}{2}$ to 3 hours. Will make 6-8 servings.

PEACH CREAM SHERBET

- 2 cupfuls fresh or canned peaches
- 1 tablespoonful gelatine
- 1 $\frac{1}{2}$ cupfuls sugar
- 1 cupful boiling water
- 1 teaspoonful almond extract
- 2 tablespoonfuls lemon juice
- 1 cupful heavy cream

Let the gelatine stand in cold water to cover for 5 minutes, then add to the boiling water, pour onto the sugar, chill and when beginning to congeal, add the peaches (which should be mashed or pressed through a sieve), fruit juice, extract and cream.

VELVET MOUSSE

- 1 $\frac{1}{2}$ cupfuls crushed fruit, fresh or canned peaches, apricots, or berries
- 1 cupful thin cream
- 1 cupful whipping cream
- $\frac{1}{2}$ cupful sugar
- 2 tablespoonfuls lemon juice
- Whites of two eggs, stiffly beaten.
- 1 teaspoonful gelatine

Method: Soak for five minutes one teaspoonful of gelatine in three tablespoonfuls of cold water and then dissolve over a kettle of hot water. Whip cream until stiff, fold into the fruit mixture just before folding in the beaten egg whites. Time required, 4 to 5 hours.

TUTTI-FRUTTI DELIGHT

- 2 medium sized bananas
- 1 can fruit salad
- White of 3 eggs
- 1 pint whipping cream
- $\frac{3}{4}$ cupful sugar

Method: Cut fruit in small pieces. Pour syrup from can over it; slice bananas and add to fruit, whip cream, add sugar and vanilla; beat egg whites stiff; fold eggs into whipped cream and combine this mixture carefully with the fruit and syrup. Pour into refrigerator tray and freeze. Time required, 5 to 6 hours.

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Selected Menus

NO. 1

Breakfast: Cantaloupe
Cooked Cereal Bacon
Hot Rolls Coffee Butter
Luncheon: Cold Sliced Ham Beet Salad
Bread Butter
Cup Cakes Apple Sauce Iced Tea
Dinner: Fried Chicken
New Boiled Potatoes Corn on the Cob
Whole Wheat Bread Butter
Tomato and Cucumber Salad
French Dressing Ice Cream with Pineapple
Cake Coffee

NO. 2

Breakfast: Stewed Figs
Poached Eggs on Toast
Coffee
Luncheon: Corn Fritters
Head Lettuce Salad
Bread Butter
Tea
Dinner: Clam Chowder
Creamed Chicken on Toast
Sliced Tomatoes Salad Dressing
Fresh Rolls Rhubarb Pie Coffee

NO. 3

Breakfast: Fresh Raw Egg in Orange Juice
Bacon and Eggs
Hot Biscuits Coffee Butter
Luncheon: Baked Beans Chile Sauce
Whole Wheat Bread Butter
Strawberries and Cream Tea
Dinner: Cream of Tomato Soup
Stuffed Veal Breast Bread Stuffing
Brown Potatoes Sliced Tomatoes
French Dressing Rolls
Pineapple Preserves
Coffee

NO. 4

Breakfast: Blackberries and Cream
Corn Flakes and Cream Muffins
Coffee
Luncheon: Vegetable Salad
Meat Pie Butter
Rolls
Raspberries and Cream
Iced Tea
Dinner: Cream of Potato Soup
Roast Veal Brown Gravy
Baked Potatoes Corn on Cob Radishes
Ice Cream Coffee

NO. 5

Breakfast: Stewed Prunes Griddle Cakes
Muffins Coffee
Luncheon: Salmon Croquettes
Rolls and Butter
Strawberry Shortcake Milk
Dinner: Vegetable Soup
Breaded Lamb Chops Baked Potatoes
Creamed Carrots
Sliced Tomatoes Salad Dressing
Steamed Date Pudding
Lemon Sauce Coffee

NO. 6

Breakfast: Baked Apples
Wheat Cakes and Sausages
Rolls and Butter Coffee
Luncheon: Baked Oyster Pie
Fresh Vegetable Salad
French Dressing Rolls and Butter
Sherbet Cookies Tea
Dinner: Vegetable Soup
Roast Loin of Pork Apple Sauce
Baked Sweet Potatoes
Stewed Carrots Combination Salad
Butter Bread
Custard Cream Pudding
Coffee

NO. 7

Breakfast: Sliced Pineapple
Cooked Cereal
Toast Coffee
Luncheon: Sliced Pineapple
Tomato Salad
Baking Powder Biscuits Cocoa
Dinner: Braised Beef
Mashed Potatoes Vegetable Salad
Fresh Rolls
Tapioca Pudding Cake

NO. 8

Breakfast: Strawberries and Cream
Cooked Cereal Bacon on Toast
Hot Rolls Coffee
Luncheon: Chicken Salad Sweet Pickles
Whole Wheat Bread Butter
Cocoa
Dinner: Beef Bouillon Roast Beef
Brown Gravy String Beans
Mashed Potatoes Combination Salad
Bread Butter
Frozen Fruit Cream
Cookies Coffee

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Household Hints

To give Soup a Rich Creamy Taste, put in for each quart of soup a piece of cheese, about the size of a walnut, just before serving. Adding a little celery salt to potato soup gives it a delicious flavor. Grated cheese is fine for onion soup.

To improve flavor of tea, thoroughly dry the peel from an orange or a lemon and place it in tea caddy. If you put in a little sugar before making the tea, the table cloth will not stain should any tea spill on it.

Instead of Greasing the Pancake Griddle, rub it when hot with a cut raw potato and there will be no sticking or unpleasant odor.

To Keep an Omelet from Collapsing, add a pinch of corn starch and one of powdered sugar to the yolk of the egg before it is beaten.

To Get More Cream from Milk, heat milk until lukewarm and then suddenly chill it, bringing more cream to the surface.

A Delicious Whipped Cream Substitute is easily made by adding a sliced banana to the whites of one egg and beating until stiff. The banana will completely dissolve.

To Keep Hot Fat from Spattering, sprinkle a little flour, or salt in it before frying with it.

Lump Gravy Can be Avoided by adding a little salt to the flour before adding the water.

If Vegetables or Other Foods Become Scorched, remove the cover at once and set the kettle in a pan of cold water. In 15 to 30 minutes, the suggestion of scorch will be gone, or nearly so. If burned, cut away the burned part, reheat and season.

Baked Beets, prepared the same as baked potatoes, are delicious and better than boiled ones. They are sweeter and have a better flavor.

If You Do Not Cover Spinach when cooking, the color will be retained. A pinch of soda added also helps keep the fresh taste and color.

When Preparing Fresh Peas you can avoid shelling them by simply washing the peas carefully and cooking as they are. When done the pods rise to the surface and can easily be skimmed off, adding greatly to the flavor.

To Kill Cooking Odors of Cabbage, Green or White Beans, Onions, Chickens, Mutton or Kraut, put in with the meat or vegetable a piece of red pepper the size of a ten-cent piece, when starting to cook them. A scant quarter teaspoonful of soda, or a crust of stale bread, added to the water in which onion, yellow turnips, cabbage or cauliflower are cooked also helps to dull the odor.

Fruit Cooking Helps—When cooking dried fruits, such as prunes, apricots, figs, etc., add a teaspoonful of cornstarch to each half pound of fruit. This makes a good syrup and improves the flavor. In cooking very sour fruits much less sugar is required if a little salt is added and the flavor will also be improved.

Before adding the sugar, stir in a quarter of a teaspoon of soda to each quart of acid fruit when stewing and much less sugar will be required.

Dried fruit is far better if stewed in the oven and can be cooked while baking or roasting other food. Wash fruit, pour boiling water on and let stand in covered dish until oven is ready; then add sugar, cover tightly and let heat of the oven cook them. Prunes, especially are delicious cooked this way. Prunes get a new flavor if a few whole cloves are put into the pan while cooking; or if a slice or two of lemon is added when they are almost done.

For Salad Dressing, the vinegar from preserved pickles is better than ordinary vinegar; it gives a delicious flavor. Try lemon juice instead of vinegar in the salad dressing—you will find it excellent.

To Cool a Dish of Pudding or Any Hot Food quickly, set it in a pan of cold water which has been well salted.

When a Pie Has Run Out in the oven, salt sprinkled over the juice will prevent it from filling the oven with smoke and odor.

To Keep Cheese from drying or mold, wrap it in greased paper, or muslin or cheesecloth dampened with vinegar; keep in covered dish in a cool, dry place. To keep a large piece of cheese for any length of time, pour melted paraffin over the cut surface; repeat covering as cheese is used. A lump of sugar placed on cheese in the cheese dish will prevent mildew and keep it fresh. To cut rich cheese without crumbling, first dip the knife in boiling water.

When Putting a Dish Directly on Ice, place a fruit jar rubber under it; it will stick to both ice and dish and prevent sliding off.

A Little Milk Poured in the Water in which you wash your silver will help to keep it bright and a raw potato dipped in baking soda will remove tarnish.

Fish and Onion Odors can be removed from cutlery and dishes by adding a little ammonia or vinegar to the warm dish water. A little butter rubbed on the forks will also remove any odor.

Drink
Bottled



Visit Our
Plant

Every Bottle Sterilized!

Barnes-Harrell-Rawlings Co.

SLOGAN OF GOLDSBORO—

GATE TO EASTERN CAROLINA

DOMESTIC POSTAGE RATES

EFFECTIVE JULY 1, 1928

FIRST CLASS

Letters and Written and Sealed Matter.....2 cents for each ounce
Government Postal Cards.....1 cent each
Private Mailing or Post Cards.....1 cent each

SECOND CLASS

Newspapers, Magazines, and other Periodicals containing notice of second-class entry.

1 cent for each 2 ounces or fraction thereof, regardless of weight or distance.

THIRD CLASS

(Limit 8 ounces)

Circulars and other Miscellaneous Printed Matter, also Merchandise, 1½ cents for each 2 ounces.

Books (including Catalogs) of 24 pages or more, Seeds, Cuttings, Bulbs, Roots, Scions, and Plants, 1 cent for each 2 ounces.

Under special permit, identical pieces of third-class matter, when presented in bulk lots of not less than 20 pounds or 200 pieces, may be mailed at pound rates, namely, 8 cents for each pound or fraction thereof in the case of books or catalogs having 24 pages or more, seeds, plants, etc., and 12 cents a pound or fraction thereof in case of circulars, miscellaneous printed matter and other third-class matter, with a minimum charge of 1 cent a piece in either case. Application for permit should be made to postmaster.

FOURTH CLASS

(Over 8 ounces)

Merchandise, Books, Printed Matter, and all other mailable matter not in first or second class.

Zones	First pound	Additional pounds
Local	7 cents	1c each 2 pounds
1 and 2	7 cents	1c each pound
3	8 cents	2c each pound
4	8 cents	4c each pound
5	9 cents	6c each pound
6	10 cents	8c each pound
7	12 cents	10c each pound
8	13 cents	12c each pound

On parcels collected on rural routes the rates are 2 cents less than shown in the foregoing table when for delivery anywhere within the first three zones, and 1 cent less for delivery in any other zone.

SPECIAL HANDLING—Parcels of fourth-class matter indorsed "Special Handling" will be given the expeditious handling and transportation accorded first-class mail (but not special delivery) upon payment, in addition to the regular postage, of the following charge: Up to 2 pounds, 10¢; over 2 and up to 10 pounds, 15¢; over 10 pounds 20¢.

SPECIAL DELIVERY:	Up to	Over 2	Over
	2 lbs.	and up to 10 lbs.	10 lbs.
First-class mail	10c	20c	25c
Second, third, and fourth class mail	15c	25c	35c

Payment of these special delivery fees on second, third, or fourth class mail entitles it to the same expeditious handling and transportation as is accorded first-class matter and also special delivery at the office of address.

For information as to Registry, Insurance, and C. O. D. Fees, apply at Post Office Window.

SLOGAN OF GOLDSBORO—

GATE TO EASTERN CAROLINA

W. O. MITCHAM

HEATING ENGINEER AND CONTRACTOR

218 W. WALNUT ST.

PHONE 607

Banking and Bank Papers

HOW TO OPEN AN ACCOUNT Call at the bank and introduce yourself. The bank will arrange to secure your signature for future reference, issue a pass book, and give you credit for your deposits therein, such entries being your receipts for all sums deposited. Use the pass book for no other purpose.

TO MAKE OUT DEPOSIT SLIPS Deposit slips will be furnished you and you will note how to list separately all your deposits. Hand your pass book, deposits and deposit slip to the Teller, who will give you credit in your book.

TO DRAW CHECKS A check is an order for the bank to pay a certain sum to the person whose name you have written upon the face of the check, and this sum is charged against the amount standing to your credit. Checks can be made payable to bearer, but this is not as satisfactory as to some certain person, because if lost, unless the Teller is suspicious, the amount of the check will be paid to any one upon an endorsement. Always write a check with pen and ink. Write the amount in figures and words as plainly as possible, and as far to the left as possible, so that no one can easily raise the amount of the check.

CERTIFIED CHECKS A bank will certify your check is good, provided the balance in your account is sufficient to cover its amount. Certified checks are generally accepted as cash in all transactions, although in some states there are differences as to their payment. Never ask to have a check drawn to "bearer" certified. Never destroy a certified check, but if not used re-deposit it to your account.

ENDORSEMENTS To endorse a check the name of the payee should be written on the back thereof. All checks are endorsed by the depositor, whether payable to his order or not. A check when endorsed to a certain person should read:

PAY TO THE ORDER OF JOHN DOE
(Signature of Endorser)

This check is then payable when endorsed by John Doe to his order.

LETTERS OF CREDIT A letter of credit is a great convenience to travelers who wish to draw money at any point where there is a Banker. Sometimes a full description of the personal appearance of the bearer is given, as well as his signature, to insure identification.

COLLECTIONS The collection department of a bank is of great value to its depositors. Notes, drafts and all negotiable paper will be accepted for collection and the bank notifies its customers promptly of the payment or refusal of all collection. Notes intended for collection should be left at the bank several days before maturity.

LOANS Banks are always ready to loan money on proper security and usually give preference to the application of a regular customer. The laws governing banking set forth what kind of security a bank can take, so that some banking institutions are compelled to decline what others would readily accept.

INTEREST Interest is the premium paid for the use of money or the accumulation of an unpaid debt. Interest should always be paid when due, or else it may also bear interest. This is called compound interest.

PROTEST If you issue a note, draft or bill of exchange and have no funds to your credit in the bank, each is subject to protest, which is a document drawn up by a notary public. The document is attached to the dishonored paper and each endorser notified that payment has been refused. The holder must give notice to all whom he holds liable—notice to any one endorser binds him—and if there are other endorsers which he wishes to hold liable he must notify them. When leaving paper for collection you should instruct the bank whether or not to protest for non-payment.

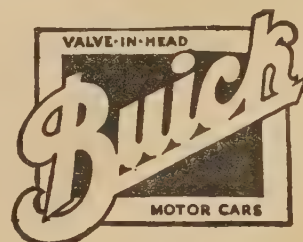
DRAFTS AND ACCEPTANCE Accounts are frequently collected by either "AT SIGHT" or "TIME DRAFTS." When a time draft is presented to a drawee, and if he acknowledges the obligation he writes across the paper "ACCEPTED" giving date and signing name.



CADILLAC, LA SALLE & BUICK

Goldsboro Garage & M. T. Co.

OFFICE 123 TELEPHONE SERVICE 880



SLOGAN OF GOLDSBORO—

GATE TO EASTERN CAROLINA

OVERDRAFTS The law on this point forbids officers of banks authorizing the payment of money on checks when the funds to the credit of the drawer are insufficient to meet the same. It further states that the drawee of the check is a party to the wrong act, and the bank can recover the amount. Never under any circumstances overdraw your account.

FORGERY The bank is supposed to know the handwriting of its customers, but would not be liable for the amount it pays upon a forged check if such payment is properly attributable to the negligence or other fault of the depositor. This rule simply applies to the signature, the face of the paper may be in different handwriting and is not a matter of suspicion. A fraudulent alteration in the body of a check after it is once signed constitutes a forgery as much as the simulation of the signature itself, and the check becomes useless even in the hands of an innocent holder. If payment is made by the bank the bank must stand the loss unless it can be shown that the negligence of the drawer laid the foundation of the fraud.

LOST PAPER If a check is lost stop payment at once by notifying the bank in writing of the fact, especially if the check is payable to bearer. If such a check is presented the bank can not be held liable for the payment unless notice has been given.

ALWAYS KEEP A BANK ACCOUNT.

PAY ALL BILLS BY CHECK.

THE PAID CHECK IS A LEGAL RECEIPT.

NEVER NEGLECT THESE SIMPLE RULES.

Division of Expense for Various Incomes

It is true that economists are not always agreed as to the relative proportion of income that should be devoted to the general items as set out in the table below. They will vary in relation to the size of the family; if there are children in the family of school age the advancement item should run high. If not, then your investments should benefit. A fair average for savings might be 12%, but under no circumstances should you allow it to fall below 10%.

To begin your book, first determine how much you think you should save, subtract this amount from your total income. Plan upon the balance, apportioning your sums for the different items to the best of your experience and ability. Then adhere as closely as possible to the line.

A fair average basis for computation taking the opinion of skilled men, is as follows:

Monthly Allowance	Operating Expense	Food	Wearing Apparel	Advancement	Health	Investment	Amusement
\$150.00 ---	33% \$49.50	32% \$48.00	10% \$15.00	4% \$ 6.00	4% \$-6.00	12% \$18.00	5% \$ 7.50
\$200.00 ---	31 62.00	27 54.00	11 22.00	6 12.00	6 12.00	12 24.00	7 14.00
\$250.00 ---	30 75.00	27 67.50	12 30.00	6 15.00	5 12.50	12 30.00	8 20.00
\$417.00 ---	36 150.00	24 100.00	10 41.00	6 25.00	5 21.00	12 50.00	7 29.00
Your Income							
\$-----	--% \$-----	--% \$-----	--% \$-----	--% \$-----	--% \$-----	--% \$-----	--% \$-----

OPERATING EXPENSE: Includes rent, taxes, insurance on life, accident, health, house, furniture, auto, burglar, cyclone, etc., lodge and union dues, transportation, express, stationery, postage, telephone, newspapers, electricity, gas, fuel, ice, water, laundry, garbage removal, re-upholstering furniture, upkeep of kitchen and house, wages paid to help in house and garden.

FOOD: Includes all foods and meals taken out.

WEARING APPAREL: Includes all clothing, making, expense, dyeing, cleaning, repairing, pressing.

ADVANCEMENT: Includes education, school books, magazines, church donations, charity, books.

HEALTH: Physician, hospital, drugs, dentist, optometrist, chiropractor, chiropodist; 6% is the allowance for a reasonably healthy family, although a serious sickness may wipe out this amount. Whenever possible, endeavor to build up a surplus for this fund.

SLOGAN OF GOLDSBORO—

GATE TO EASTERN CAROLINA

WAYNE LAUNDRY AND DRY CLEANERS

PHONE 147 AND 148

All Kinds of Laundry and Dry Cleaning

FAMILY BUDGET

[illegible]

Total

Total Income for Year \$_____

Drink Bottled



Visit Our Plant

Every Bottle Sterilized!

Barnes-Harrell-Rawlings Co.

SLOGAN OF GOLDSBORO—

GATE TO EASTERN CAROLINA

FAMILY BUDGET—CONTINUED

[illegible]

Total Expense for Year \$.....

Balance \$.....

SLOGAN OF GOLDSBORO—

GATE TO EASTERN CAROLINA

Buyer's Guide

AUTOMOBILES & ACCESSORIES

Collier Pate Motor Company	Outside Back Cover
Goldsboro Garage & M. T. Company	Liner
Handley, A. H. Motor Company	Outside Front Cover
Spence Motor Company	17
Williamson, Jos. R.	15

BAKERIES

Goldsboro Baking Company	25
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BANKS

National Bank of Goldsboro	3
Wayne National Bank, The	Inside Front Cover

BEAUTY SHOPS

Goldsboro Beauty Shoppe, The	40
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BEVERAGES

Barnes-Harrell-Rawling Company	Liner
Mavis Bottling Company of Goldsboro	29
Orange Crush Bottling Company	11

BUILDING SUPPLIES

Borden Brick & Tile Company	9
Rose, W. P. Builders Supply Company	7

CLEANERS & DYERS

Kirkland Dry Cleaners	2
Wayne Laundry & Dry Cleaners	Liner

CLOTHING & DEPARTMENT STORES

Cinderella Shop	17
-----------------------	----

CONTRACTORS & BUILDERS

Dewey Bros	29
Keen, M. L. & Bro.	25
Mitcham, W. O.	Liner

ELECTRICAL APPLIANCES

Dillon Electric Service Company	Inside Back Cover
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FLOUR FEED & FLOUR MILLS

Farmers Feed & Exchange	Inside Back Cover
Goldsboro Milling Company	25

FUEL

Crow, W. R.	21
Griffin, W. H.	11

FUNERAL DIRECTORS

Goldsboro Undertaking Company	1
Seymour Undertaking Company	21

GARAGES

Brown's, Jack, Garage	9
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GAS & OIL

Thompson-Wooten Oil Company	25
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GROCERIES & MEATS

Goldsboro Grocery Company	3
Goldsboro Market Company	21
Home Cash Groceries, Inc.	25
Pate Grocery	17
Sanitary Market	25

HOSIERY

Warren, F. D.	21
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INSURANCE

Anderson, William Lee	21
Jefferson Standard Life Insurance Co.	25
Northwestern National Life Insurance Co.	25
O'Berry, Thomas	40

JEWELRY

Giddens, R. I.	21
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LAUNDRIES

Goldsboro Damp Wash Laundry	40
White Way Laundry	11
Wayne Laundry & Dry Cleaners	Liner

MANUFACTURING

Griffin, A. T. Manufacturing Company	Outside Back Cover
Royall & Borden Manufacturing Co.	9

MILLINERY

Pigeon Hat Shop	21
-----------------------	----

PHARMACIES

Andrews Drug Company	2
Miller's Goldsboro Drug Company	11

PLUMBING & HEATING

Goldsboro Plumbing & Heating Company	15
Jenkins, A. J.	15

REALTORS

Best, Council, J., Jr.	17
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SHEET METAL

Sammeth, L. R.	40
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THEATRES

Mason Theatre	17
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TIRES & BATTERIES

S & L Tire Company	15
Wayne Tire Company	7

MISCELLANEOUS

Band Box, The	21
Brock, Elton, L.	1
Morris, Joseph F.	Inside Back Cover
Goldsboro News, The	Inside Front Cover

Additional Information

Additional Information

Additional Information

THE
**Goldsboro Beauty
Shoppe**

Mrs. Pearle Wantz

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Hair Cutting
and Curling

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GOLDSBORO, N. C.

CALENDAR 1929

	S	M	T	W	T	F	S		S	M	T	W	T	F	S		S	M	T	W	T	F	S		S	M	T	W	T	F	S	
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Insurance and Bonds
Fire, Automobiles, Windstorm
Burglary, Bonds

Thomas O'Berry

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PHONE 5 FIFTH FLOOR

**Goldsboro Damp
Wash Laundry**

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O. M. Brendle, Prop.

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COMMERCIAL PRINTING

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TELEPHONE 139

GOLDSBORO, N. C.

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WHOLESALE AND RETAIL
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112 WEST MULBERRY STREET

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You Want It
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SIXES**

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